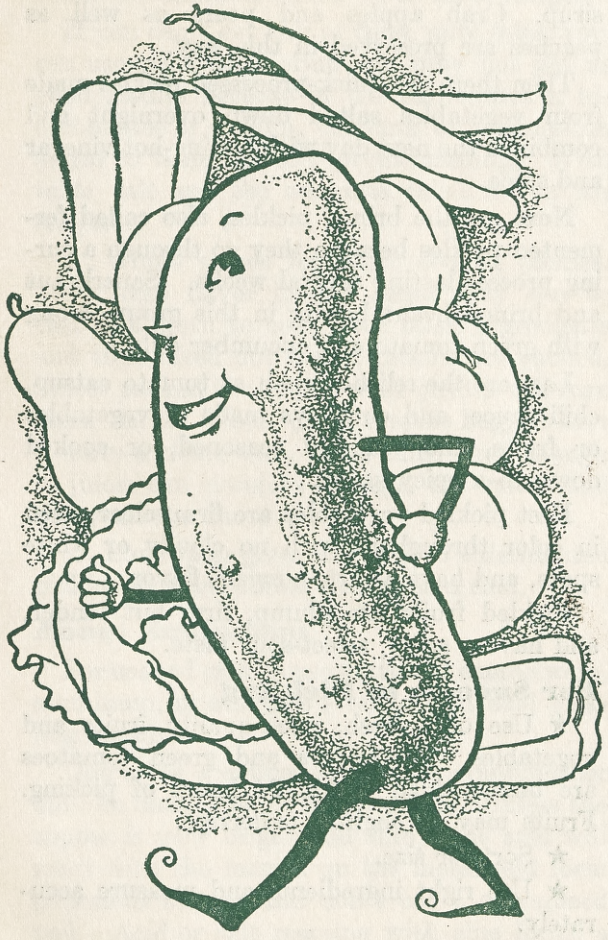
# Pickle and Relish Recipes



U.S. DEPARTMENT OF AGRICULTURE

AWI – 103

# Kinds of Pickles

Pickled peaches, tart and sweet . . . dills with a tang . . . old-fashioned cucumber slices . . . piquant piccallili—these typify the four kinds of pickles made in the home.

Easiest to make are the fruit pickles which are left whole and simmered in a sweet-sour sirup. Crab apples and pears as well as peaches are preserved in this way.

Then there are quick-processed pickles made from vegetables salted down overnight and combined the next day with boiling-hot vinegar and spice.

Next are the brined pickles, also called fermented pickles because they go through a curing process lasting several weeks. Sauerkraut and brined beans belong in this group, along with green tomato and cucumber dills.

Last are the relishes, such as tomato catsup, chili sauce, and chutneys made of vegetables or fruits, chopped and seasoned, or cooked down to a spicy sauce.

Best pickled vegetables are firm, clear, even in color throughout with no cloudy or white spots, and have a tart, pungent flavor.

Pickled fruits are plump, firm but tender, and have a spicy, sweet-sour taste.

**For Success in Pickling**

★ Use only fresh, good-quality fruits and vegetables. Cucumbers and green tomatoes are best pickled within 24 hours of picking. Fruits may be slightly underripe.

★ Sort for size.

★ Use right ingredients and measure accurately.

★ Follow directions exactly.

★ Store pickles—sealed airtight—in a cool, dry, dark place.

## Right Ingredients

... A good, clear, standard vinegar—free from sediment—one with 4 to 6 percent of acetic acid. This is stronger than the standard vinegar of 15 to 20 years ago which had about 3 percent acetic acid. For that reason, pickles made by old recipes may be more sour.

... Recipes in this pamphlet are based on the use of pure granulated salt. Medium granulated salt and flake salt—the kinds used in making butter or curing meat—are also satisfactory for brining, but you'll need to use 1½ times the amounts called for in these recipes.

If you can't get any of these pure salts, you can use table salt. But you may not get as good results because of the carbonates or bicarbonates of sodium, calcium, or magnesium added to table salt to prevent lumping. With table salt use the amounts called for in the recipes.

... Whole spices for most cooked pickles. They keep flavor longer. And they can be tied in a cloth to cook with other ingredients and then lifted out before pickles are packed. Spices packed in the jars with pickles will turn them dark. When using a spice bag, be sure to have a clean, thin, white cloth large enough so juices can circulate through the spices and draw out the flavor.

... Limewater gives crispness to unfermented pickles such as pickled watermelon rind.

## About Equipment

For cooked pickles use kettles of enamelware, aluminum, or stainless steel to heat acid pickling liquids.

Don't use a copper kettle—as grandmother did—to make pickles bright green. Unless the copper is very bright and shiny, the acid will react with the tarnish on the metal and form poisonous salts. And don't use a galvanized pail. Acid or salt reacting with zinc forms a substance equally harmful.

To be sure of right results a scale is needed when making sauerkraut and watermelon pickle.

For brining, you'll need a crock or stone jar; clean, thin, white cloth; a heavy plate or round board cut to fit inside of crock and coated with paraffin; clean stones or paraffined bricks to hold cover down. Don't use limestone as a weight.

For sauerkraut, brined beans, corn relish, cucumber slices, a water-bath canner, home-made or ready-made, is necessary. Any big, clean vessel will do if it's deep enough to let water boil well over tops of the jars . . . has a good lid . . . and a rack to keep jars from touching bottom.

Rack may be of wire or wood, but don't use pine. If possible, have partitions to keep jars from touching one another or falling against the side of the canner.

Jars for pickles must seal airtight. Left in a crock or capped with paraffin, pickles are likely to mold and turn soft.

Use lightning-type jar or one with three-piece lid. See page 5. Don't use zinc lids or metal lids with self-sealing compounds. Sharp, acid foods like pickles will eat into metal if directly touching.

Use only perfect jars. Discard chipped, cracked, warped ones; dented, bent lids. Use clean, new rubber rings of the right size for your jars. Don't test by stretching.

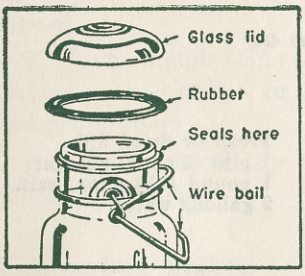
Scrub in hot, sudsy water all necessary equipment including jars, glass lids, metal screw caps, rubber rings.

Scrub new rubber rings with a brush; boil 10 minutes in 1 quart water and 1 tablespoon baking soda for each dozen rings. Rinse well. Use fresh soda water for each lot. This may help to keep rings from flavoring food.

Place clean jars, lids, and caps in warm water and bring to boil. Dip rubber rings into boiling water just before fitting on hot jars or lids.

**To sterilize jars, lids.** If jars of food are not to be processed, i. e., heated in a boiling-water bath, boil jars and lids 15 to 20 minutes just before packing with pickles.

## Fill Jars and Seal

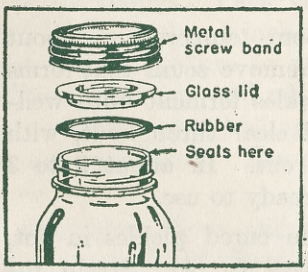



**Lightning-type jar is sealed with glass lid and rubber ring held in place by wire bail.**

First step, fit hot, wet rubber ring on ledge at top of empty, hot jar.

**For kraut and others processed in water bath,** fill jar to within one-half inch of top. Wipe off any spilled food with a clean, hot, damp cloth. Put on hot glass lid. Push wire on top of lid so it fits into groove. Leave short wire up. After processing jars of food in boiling-water bath, push short wire quickly down to complete seal.

**For other pickles,** not processed, fill jar to top, wipe off any spilled food, seal tightly.




**Glass lid and top-seal rubber ring, held in place by metal screw band, to fit standard Mason jars.**

**For kraut and others processed in water bath,** fill jar to within one-half inch of top. Wipe off any spilled food with a clean, hot, damp cloth. Fit hot rubber ring on hot glass lid. Put lid on jar with rubber side down. Screw metal band on tight; then, using thumb as guide, turn back almost a quarter turn, or so that band and jar just mesh together. (**Caution:** If band is screwed too tight, jar may break.) After processing jars of food in boiling-water bath, screw band down tight at once.

**For other pickles,** not processed, fill jar to top, wipe off any spilled food. Fit rubber ring on hot glass lid. Put lid on jar with rubber side down; screw metal band on tight.

## PICKLED VEGETABLES

### Dilled Cucumbers or Green Tomatoes

40 to 50 medium-sized or large cucumbers, or green tomatoes.
¾ cup (2 oz.) whole mixed pickle spices.
Fresh or dried dill.
1 pint (2 cups) vinegar.
1 pound (1½ cups) salt.
2 gallons water.

Wash and drain the cucumbers or green tomatoes. Place half of the pickle spices and a layer of dill in a 5-gallon crock or stone jar. Fill the crock with cucumbers or tomatoes to within 4 or 5 inches of the top. Mix well the vinegar, salt, and water and pour over the vegetable. Place a layer of dill and remaining pickle spices over the top.

Cover with a heavy plate and weight it to hold the vegetable under the brine. Use only enough brine to cover the plate, for as the liquid is drawn from the vegetable the crock may overflow.

Keep pickles at room temperature, about 70° F., and each day remove scum that forms over the top. Let pickles ferment until well-flavored with dill and clear throughout, with no white spots when cut. In about 2 to 3 weeks the pickles are ready to use.

**To store.** Pack the cured pickles in hot, sterile, quart glass jars (p. 4). Strain the pickle brine, bring to boil, and pour over pickles to top of jar. If desired, add ¼ cup vinegar to each quart. Seal tightly.

**With garlic.** Add one-half pound garlic to above recipe. To prepare garlic break the clusters open and separate the cloves. Remove the thin, brown skin from each garlic clove. Add a few cloves with the first layer of dill and pickle spices. Fill the crock with alternate layers of cucumbers or tomatoes and garlic cloves to within 4 or 5 inches of the top. Continue as in above recipe.

**Pickle pointers.** When making dills, keep these points in mind:

★ Use right amount of salt. In a brine too weak, pickles spoil; in a brine too strong, they shrivel.

★ Have enough brine to cover well and keep pickles pushed under, or they're likely to mold and get slippery.

★ Take scum off top of brine every day or pickles may spoil.

### Cucumber Slices

1 peck (10 lbs.) small cucumbers.
1 cup salt.
Vinegar.
½ cup sugar.
½ cup mustard seed.
2 tablespoons celery seed.
2 tablespoons peppercorns.

Wash and cut cucumbers into slices about one-fourth inch thick. Put slices and salt in alternate layers in a crock or stone jar. Let stand overnight. Drain and press out all the juice possible. If too salty to taste, rinse in cold water. Measure. Heat to simmering half as much vinegar as cucumber slices; add sugar and seasonings. Pack cucumbers into clean, hot jars to within 1 inch of top. Fill jars with hot vinegar mixture to within ½ inch of top. Wipe off jar rims and adjust lids (p. 5). Boil jars 15 minutes in boiling-water bath (be sure water covers jars). Remove jars; complete the seals.

**Cucumber slices and onion rings.**—Add 2 quarts peeled and sliced small, white onions in alternate layers with cucumbers and salt. Continue as in above recipe.

## RELISHES

### Pepper-Onion Relish

1 quart finely chopped onion.
2 cups finely chopped sweet red pepper.
2 cups finely chopped green pepper.
1 cup sugar.
1 quart vinegar.
4 teaspoons salt.

Combine all ingredients and bring slowly to boil. Cook until slightly thickened. Pour into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly.

## Corn Relish

2 quarts corn (12 to 15 ears).
1 pint diced sweet red pepper.
1 pint diced green pepper.
1 quart chopped celery.
1 cup sliced onion.
1 cup sugar.
1 quart vinegar.
2 tablespoons salt.
2 teaspoons celery seed.
2 tablespoons dry mustard.
¼ cup flour.
½ cup water.

To prepare corn, remove husks and silks; place in boiling water. Simmer for 10 minutes. Remove and plunge into cold water. Drain; cut corn from the cob. Do not scrape the cobs. Measure out 2 quarts.

Combine sweet red pepper, green pepper, celery, onion, sugar, vinegar, salt, and celery seed. Boil for 15 minutes. Mix mustard and flour; blend with the water. Add with the corn to pepper mixture. Stir and boil 5 minutes. Pack into clean, hot pint jars, filling to one-half inch of top. Adjust lids (p. 5) and boil jars 10 minutes in boiling-water bath (be sure water covers jars). Remove jars; complete the seals.

For added yellow color mix 1 teaspoon of turmeric with the mustard and flour.

Makes about 5 pints.

## Piccalilli

1 quart chopped green tomatoes.
2 medium-sized sweet red peppers, chopped.
2 medium-sized green peppers, chopped.
2 large mild onions, chopped.
1 small head cabbage, chopped.
½ cup salt.
3 cups vinegar.
1 pound (2 cups firmly packed) brown sugar.
1 teaspoon mustard, or 2 tablespoons mixed pickle spices.

Combine the vegetables; cover with salt. Let stand overnight. Drain and press in a clean, thin, white cloth to remove all the liquid possible. Add the vinegar, sugar, and spices and simmer until clear. Pack into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 3 pints.

## Green Tomato-Cabbage Relish (Bordeaux Sauce)

4 quarts (about 24 to 28 medium-sized) chopped green tomatoes.
4 quarts sliced cabbage.
3 cups chopped onion.
1 cup chopped sweet red pepper.
¼ cup salt.
1 teaspoon ground allspice.
2 teaspoons celery seed.
2 teaspoons mustard seed.
1 pound (2 cups firmly packed) brown sugar.
1 quart vinegar.

Sprinkle layers of tomatoes, cabbage, onion, and sweet pepper with salt. Let stand overnight; drain. Add allspice, celery seed, mustard seed, sugar, and vinegar. Boil 25 minutes or until there is just enough liquid left to moisten ingredients well. Pack into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 4 quarts.

## Horseradish Relish

Grate sound horseradish roots. Measure about one-half as much vinegar as horseradish, add one-fourth to one-half teaspoon salt for each cup of vinegar, and pour over grated horseradish. Pack at once into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly.

## Tomato-Pear Relish

2½ cups fresh or canned (No. 2 can) tomatoes.
2½ cups fresh or canned (No. 2 can) diced pears.
½ cup chopped green pepper.
½ cup chopped onion.
1 cup sugar.
½ cup vinegar.
1 teaspoon salt.
½ teaspoon ground ginger.
½ teaspoon dry mustard.
⅛ teaspoon cayenne pepper.
¼ cup chopped canned pimiento.

Combine tomatoes, pears (if canned use pears and sirup), green pepper, onion, sugar, vinegar, salt, ginger, mustard, and cayenne pepper. Boil slowly 1 hour, stirring occasionally, until somewhat thickened. Add pimiento; boil 3 minutes longer. Pack into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 2 pints.

## Chili Sauce

4 quarts (24 to 28 medium-sized) peeled and chopped tomatoes.
2 cups chopped sweet red pepper.
2 cups chopped onion.
1 hot pepper, chopped.
2 tablespoons celery seed.
1 tablespoon mustard seed.
1 bay leaf.
1 teaspoon whole cloves.
1 teaspoon ground ginger.
1 teaspoon ground nutmeg.
2 three-inch pieces stick cinnamon.
1 cup firmly packed brown sugar.
3 cups vinegar.
2 tablespoons salt.

Combine the tomatoes, sweet pepper, onion, and hot pepper. Put the celery seed, mustard seed, bay leaf, cloves, ginger, nutmeg, and cinnamon loosely in a thin, white cloth; tie top tightly; add to tomato mixture and boil until one-half original volume. Stir frequently to prevent sticking. Add the sugar, vinegar, and salt. Boil rapidly, stirring constantly, about 5 minutes. Pack into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 3 quarts.

## Catsup

2½ quarts (15 to 17 medium-sized) sliced tomatoes.
¾ cup chopped onion.
3-inch piece stick cinnamon.
1 large garlic clove, chopped.
1 teaspoon whole cloves.
1 cup vinegar.
½ cup sugar.
1¼ teaspoons salt.
1 teaspoon paprika.
Dash cayenne pepper.

Simmer together tomatoes and onion for about 20 to 30 minutes; press through a sieve. Put the cinnamon, garlic, and cloves loosely in a clean, thin, white cloth; tie top tightly; add to vinegar and simmer 30 minutes. Remove spices. Boil sieved tomatoes rapidly until one-half original volume. Stir frequently to prevent sticking. Add spiced vinegar, sugar, salt, paprika, and cayenne pepper to tomato mixture. Boil rapidly, stirring constantly, about 10 minutes or until slightly thickened. Pour into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 2 pints.

## Tomato-Apple Chutney

3 quarts (18 to 20 medium-sized) chopped tomatoes.
3 quarts (12 to 15 medium-sized) chopped apples.
1 cup chopped green pepper.
3 cups chopped onion.
2 cups seedless raisins.
4 teaspoons salt.
4 cups firmly packed brown sugar.
4 cups vinegar.
⅓ cup whole mixed pickle spices.

Combine tomatoes, apples, green pepper, onion, raisins, salt, sugar, and vinegar. Put spices loosely in a clean, thin, white cloth; tie top tightly; add to tomato mixture. Bring to a boil; simmer 1½ hours; stir frequently. Remove spices. Pack chutney into clean, hot, sterile jars (p. 4). Fill jars to top; seal tightly. Makes about 3 quarts.

## SAUERKRAUT

### Crock or Stone-Jar Method (5 gal.)

40 to 50 pounds cabbage. 1 pound salt.

Remove the outer leaves and wash cabbage; drain. Cut in halves or quarters; remove the core. Shred about 5 pounds of cabbage at a time and, using the hands, mix thoroughly with 3½ tablespoons salt. Measure carefully... oversalting prevents proper fermentation.

Pack the salted cabbage firmly and evenly with a wooden spoon or tamper into a 5-gallon stone jar. Repeat shredding, salting, and packing of cabbage until jar is filled to within 4 to 5 inches of top. Press firmly enough without pounding to draw out enough juice to cover cabbage by the time jar is filled.

Cover cabbage with 2 or 3 layers of thin, white cloth and tuck the edges down against inside of jar. Cover with a plate or paraffined board that fits loosely inside jar. Weight with paraffined brick or stone heavy enough so liquid comes over plate.

Remove scum every few days. Wash cloth, plate, and weight when removing scum. In cool weather let kraut ferment about 4 weeks; in warm weather, only about 2 weeks to prevent spoilage.

**To store.** Pack kraut into clean, quart jars to within 1 inch of top. Fill with juice to within one-half inch of top. If more juice is needed, add boiling hot brine (1½ tablespoons salt to 1 quart water). Set jars in a pan of cold water; water should come to shoulder of jar. Bring water slowly to boiling, then remove jars. Wipe off jar rims and adjust lids (p. 5). Boil jars 30 minutes in boiling-water bath (be sure water covers jars). Remove jars; complete the seals. Makes 15 to 18 quarts.

## Kitchenette or Glass-Jar Method

**20 to 25 pounds cabbage. ½ pound salt.**

Remove the outer leaves and wash cabbage; drain. Cut in halves or quarters; remove the core. Shred about 5 pounds of cabbage at a time and, using the hands, mix thoroughly with 3½ tablespoons salt. Measure accurately...oversalting prevents proper fermentation.

Pack into clean glass jars, pressing down firmly and evenly. Fill with cabbage to shoulder of jar (1½ to 2 inches from top) and be sure juice completely covers cabbage. A quart jar takes about 2 pounds of cabbage.

Wipe off top of jar. Cover cabbage with two or three layers of thin, clean, white cloth, and tuck edges down against inside of jar. Crisscross two dry, clean wood strips (ice-cream spoons or wooden garden labels cut to right size are suitable) over cloth to keep cabbage pressed under brine. Put lid on jar; don't seal tightly.

Set jars on a tray or pan to catch juice that leaks out. Keep at room temperature, about 70° F. is best. Every few days, remove scum if it forms. Add a little weak brine to keep cabbage covered (1½ tablespoons salt to 1 quart water). Let ferment about 10 days, or until liquid settles and bubbles no longer rise to surface.

If you are planning to use the kraut in a few weeks, it isn't necessary to process in a boiling-water bath. Seal the jars tightly and keep in a cool place.

**To store.** Remove lids and set jars in a pan of cold water; water should come to shoulder of jars. Bring water slowly to boiling; then remove jars. Add boiling hot weak brine, if needed, to fill jar to within one-half inch of top. (To make additional brine use recipe above). Wipe off jar rims. Adjust lids (p. 5); boil jars 30 minutes in boiling-water bath (be sure water covers jars). Remove jars; complete the seals. Makes 8 to 10 quarts.

## VINEGAR-BRINED SNAP BEANS

½ bushel (14 to 15 pounds) snap beans.
1½ gallons water.
1½ cups vinegar.
1 cup salt.

Wash beans; remove tips and strings. Leave whole or cut in 1-inch pieces. Place in boiling water and let stand 5 minutes. Cool promptly by dipping in cold water.

Pack beans in a 3-gallon crock or stone jar to within 4 or 5 inches of the top. Cover beans with two or three layers of thin, white cloth and tuck the edges down against the inside of the jar. Cover with a plate or paraffined board that fits loosely inside the jar. Weight with a paraffined brick or stone.

Mix water, vinegar, and salt; stir until salt is dissolved. Pour brine over beans until it just covers plate or board. Keep at room temperature, about 70° F. Remove scum every few days, and wash plate, cloth, and weight. Let beans ferment for about 2 weeks.

**To store.** Pack beans well in clean jars to within 1 inch of top. Fill jars with brine to within one-half inch of top. If there is not enough brine, make additional by recipe above.

Set jars in a pan of cold water; water should come to shoulder of jar. Bring water slowly to boiling, then remove jars. Wipe off jar rims and adjust lids (p. 5). Boil jars—25 minutes for pints, 30 for quarts—in a boiling-water bath (be sure water covers jars). Remove jars; complete the seals. Makes about 10 quarts.

**When serving vinegar-brined snap beans . . .** remember they have an acid and salty flavor of their own.

Drain beans and cook with unsalted vegetables or, if used separately, rinse well, cover with fresh water, and boil 15 minutes or until tender. For a less acid flavor, soak beans a short time in cold water, changing water once or twice before cooking.

## FRUIT PICKLES

### Pickled Peaches

8 pounds small- or medium-sized peaches.
2 tablespoons whole cloves.
8 two-inch pieces stick cinnamon.
4 pounds sugar.
2 quarts vinegar.

Wash and pare peaches and stick two cloves in each peach. Or put cloves and cinnamon loosely in a clean, thin, white cloth and tie top tightly. Cook together spices, sugar, and vinegar for 10 minutes, or until the sirup is fairly thick. Add the peaches; cook slowly until tender, but not broken. Let stand overnight.

In the morning remove spices if they have been cooked in a bag. Drain the sirup from peaches and boil sirup rapidly until thickened. Pack peaches in clean, hot, sterile jars (p. 4). Pour sirup over the peaches, filling jars to top. Seal tightly.

Keep in a cool place for several weeks before serving, to blend the flavor.

### Pickled Pears

8 pounds pears.
10 two-inch pieces stick cinnamon.
2 tablespoons whole cloves.
2 tablespoons whole allspice.
4 pounds sugar.
1 quart vinegar.
1 pint water.

**Seckel pears.** Wash the pears; remove the blossom ends only. Boil the pears for 10 minutes in water to cover. Drain. Prick the skins. Put spices loosely in a clean, thin, white cloth; tie top tightly. Boil together

for 5 minutes the spices, sugar, vinegar, and 1 pint water. Add the pears and boil for 10 minutes or until pears are tender. Let stand overnight. In the morning remove the spice bag. Drain sirup from the pears and bring sirup to boiling. Pack pears in clean, hot, sterile jars (p. 4). Pour sirup over the pears, filling jars to top. Seal tightly.

**Kieffer pears.** Wash the pears, peel, cut in halves or quarters, remove hard centers and cores. Boil pears for 10 minutes in water to cover. Use 1 pint of this liquid in place of the pint of water in recipe above. Finish in the same way as Seckel pears.

## Pickled Crab Apples

Follow the directions for Seckel pears, but omit cooking in water and pricking the skin of the fruit.

## Watermelon Pickle

4 pounds prepared thick watermelon rind.
Limewater made with 2 quarts cold water and 2 tablespoons of lime (calcium oxide, purchased from drug store).
2 tablespoons whole allspice.
2 tablespoons whole cloves.
10 two-inch pieces stick cinnamon.
1½ quarts vinegar.
1 quart water.
4½ pounds sugar.

Select thick rind from a firm, not overripe melon. To prepare, trim off the green skin and pink flesh. Weigh 4 pounds of the remaining portion and cut in inch pieces. Soak for 2½ hours in limewater. Drain, cover with fresh water, and cook for 1½ hours or until tender. Add more water as needed. Let stand several hours or overnight. Drain.

Put spices loosely in a clean, thin, white cloth; tie top tightly. Bring to boiling the spices, vinegar, 1 quart water, and sugar. Add the watermelon rind and boil slowly for 2 hours, or until the sirup is fairly thick. Remove spice bag; pack watermelon rind in clean, hot, sterile jars (p. 4). Pour sirup over rind, filling jars to top. Seal tightly.

## REFERENCES

Other publications on food preservation available from the United States Department of Agriculture, Washington 25, D. C., are—

Home Canning of Fruits and Vegetables. AWI–93.

Take Care of Pressure Canners. AWI–65.

Oven Drying—One Way to Save Victory Garden Surplus. AWI–59.

How to Prepare Vegetables and Fruits for Freezing. AWI–100.

Home-made Jellies, Jams, and Preserves. Farmers' Bul. 1800.

Home Storage of Vegetables and Fruits. Farmers' Bul. 1939.

Preservation of Vegetables by Salting and Brining. Farmers' Bul. 1932. (Recipes for sauerkraut and vinegar-brined snap beans in this pamphlet are adapted from directions given in Farmers' Bul. 1932.)

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